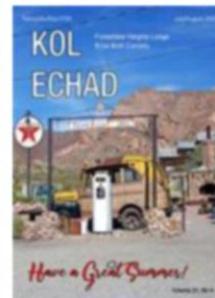
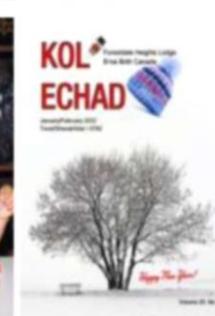
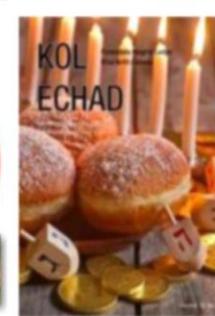
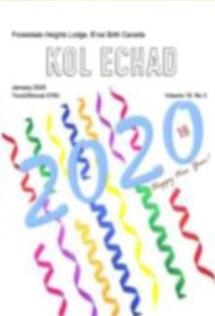
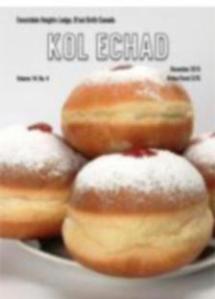
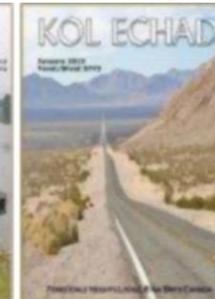
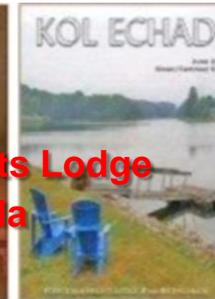
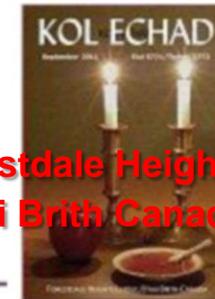


# KOL ECHAD



Forestdale Heights Lodge  
B'nai Brith Canada



Volume 23, No 5

# KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

## Editor-in-Chief

Jeff Rosen

## Editing Staff

Marc Kates  
Lisa Rosen  
Debbi Silver

## Columnists

Marc Kates  
Rosalie Moscoe  
Ruth Pupko  
Debbi Silver

## Contributors

Ira Kuchinsky  
Michael Pacter  
Albert Ohana \*

[www.kolechad.ca](http://www.kolechad.ca)

# COVER ART



When *Kol Echad* was launched in 2002, we maintained the same format as the Lodge's previous publication, *The Horizon*. The cover was used to announce upcoming programs and meetings. This practice continued until 2010. At that time, then co-editor Bonnie Kates suggested that we start featuring artwork on the cover. This involved sourcing suitable Jewish-related art pieces and obtaining approval from the artists. It was a daunting task but ultimately a success. This project ran from September 2010 to May 2012. During this period, we also began printing both the cover and the back page in colour.

Continued on next page



# FHL EXECUTIVE

## Presidents

Ruth Pupko  
Debbi Silver

## Vice-President

Ray Moscoe

## Treasurer

Debbi Silver

## Financial Secretary

Ruth Pupko

## Recording Secretary

Stewart Indig

## Chaplain

Stewart Indig

## Trustees

Albert Ohana \*  
Carl Zeliger

## FHL Presidents

Harry Basil  
David Galet  
Michael Wolburgh  
Harry Warga  
Earl Lepofsky  
Irving Knopman \*  
Stanley Penzner \*  
Gary Pollock \*  
Harvey Rachman \*  
Nathan Salter \*  
Allen Fink  
Murray Fallen  
Norman Aronson \*  
Frank A. Wilson  
Zev Scherer  
Allen Goldberg  
Stan Horowitz  
Harvey Glasner  
Gabriel Nachman  
Al Reider \*  
Michael Kates \*  
Frank Shapiro \*  
Jack Britstone  
Albert Ohana \*  
Carl Zeliger  
Arthur Eisenbaum  
Shelly Luftspring \*  
Harvey Silver \*  
Michael Kates \*  
Jeff Rosen  
Bonnie Kates \*  
Irv Pupko \*  
Ray Moscoe  
Harvey Silver \*  
George Garten  
Stewart Indig  
Ruth Pupko  
Debbi Silver

\*Deceased

The artwork-related covers finally ended as it became increasingly difficult to find suitable material. It was decided to continue using colour images, and *Kol Echad* started using photos, often related to Jewish and secular holidays. Other times, interesting holiday-related pictures were submitted. Usually, we planned covers for upcoming issues months before the actual issue would go into production.

Thanks go to Marc Kates and Jordana Rosen, both offspring of Lodge members, for submitting photos over the years.

When it came time to create the cover for this final issue, Marc suggested a collage of past covers. There was a wealth of great material in our archives. In the end, the final selection was mine alone. We hope you have enjoyed the images gracing *Kol Echad's* covers over the years.

It's been both a challenge and a pleasure creating them.

**Jeff Rosen**





# PRESIDENT'S PEN

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Debbi Silver

**“A**nd now the end is near.” This song has always stuck in my head. This is a very difficult article to write.

Over the last 50+ years, Forestdale Heights Lodge has been part of my family’s life. Right from the beginning, when Harvey z”l joined the Lodge, he was in his happiest time. He met such wonderful people, to name a few: Albert

Ohana z”l, Ray & Rosalie Moscoe, Jeff Rosen, Carl Zeligler, Stewart Indig....Michael z”l and Bonnie Kates, z”l, Norm Aronson z”l, Al Reider z”l, many of whom have passed on.

Harvey z”l wanted to work on the Lodge bulletin, so he managed to get me to let him bring a Gestetner machine into our basement so that I could help him get *The Horizon* ready to be printed from our home. That, itself, was a very “messy” time, if you know about the Gestetner. We did it!



We were very involved in all the activities of the Lodge. There are so many memories:

- ✓ Blue Jay games, where we took some challenged adults;
- ✓ Having a booth at **Canada Day** activities, where we managed and sold hamburgers/hot dogs, etc. at the Vaughan Community Centre;
- ✓ The beautiful **Installations**;
- ✓ Our **Purim parties at 4300 Bathurst Street**;
- ✓ Our ***Kol Echad*** bulletins, designed by Jeff Rosen;
- ✓ The **Toronto Marathon**,

I’m sure there are many more. I hope other members write about the Lodge.

Continued on next page



I'm also very sorry that *B'nai Brith Canada* did not continue helping the lodges in programming, etc. Their motto, "*People Helping People,*" has done wonders in the community, especially BBC's political work around Canada.

A few years ago, I joined the Lodge to be the Treasurer. I have found that I too, have enjoyed all the wonderful projects that the Lodge has taken part in. I have made such wonderful friends and so many memories.

I have enjoyed sharing the **Presidency** with Ruth these past few years. We have become good friends. I guess this wraps up my final article.

I hope this is not the end of friendships. I believe we can still maintain a nice group to go out for dinner with, etc.

To all the members, I wish you good health and happiness with your families.

*Debbi*



# APRIL MEETING

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On April 29, 2025, members of Forestdale Heights Lodge, #2667, gathered not only to praise our amazing, resilient Lodge, but to “bury” it.

On that day, we did just that, debating a planned motion to dissolve the Lodge. Those present at the first post-COVID dinner meeting included

Lodge co-presidents Ruth Pupko and



Debbi Silver, Stewart Indig, Carl Zeliger, Ray & Rosalie Moscoe, Michael Pacter and his son, Aaron Pacter. Also participating via Zoom were Ira Kuchinsky and myself.

After a healthy look back into our past, everyone approved the motion to wind up the Lodge, effective September 30, 2025. Before then, there will be another Zoom meeting to wrap up all financial affairs.

*Jeff Rosen*





## PRESIDENT'S PEN

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Ruth Pupko

**O**ur members joined Forestdale Heights Lodge with the one and only mission to make a difference and be ready and willing to help people who needed a helping hand. Our team was outstanding in doing a lot of mitzvahs year after year, and it was done with a great heart and spirit. We received so much more from everyone we helped along the way. We cannot measure the joy that our Lodge members have spread over the years.

I can't start naming members one by one, as I know that I will forget to name everyone. Albert, my brother, got Irving to join, which led to me joining as well; one of the best things I ever accomplished. We all made a difference in each other's lives and became, and still will be, friends in the years to come.

We are just a group of friends who did it our way, and what an exceptional experience it was!!

Thank you all for your guidance, support and, above all, friendship.

*Ruth*





# EDITOR'S DESK

Jeff Rosen

**“T***o everything, there is a beginning, middle and end.”*

I wrote that in May 2002 when Forestdale Heights bid farewell to its previous publication, *The Horizon*. This marked the middle of my association with Forestdale Heights Lodge publications, which began in May 1991 when I became a co-editor of the monthly newsletter. A month after I penned the quote above, *The Horizon* merged with Don Mills Lodge's

newsletter, *The New Planet*, and *Kol Echad*, or One Voice, was born.

Now, 23 years later, we sadly prepare to close operations at *Kol Echad*. This decision was not made with joy or animosity towards anyone, but was part of the changes happening around us. Serving as editor of this publication has been a great honour. It has allowed me to chronicle the life of Forestdale Heights Lodge and its members and served as a forum to remember those Lodge leaders who have passed away.

It also allowed me to share my life stories over the years. Just a few months after coming on board, Lisa and I were blessed with the birth of our daughter, a major milestone I wrote about shortly after Jordana's birth. These tales continued as she grew, moved through the school system, had her bat mitzvah, and made her way into the world. I have been fortunate to have a great daughter and a spouse who stood behind me all these years. Being creative takes time and effort, and there is no way we would have lasted as long as it did without their support.

**Continued on next page**

**Horizon**  
FINAL EDITION  
May 2002

DON MILLS 45 YEARS      FORESDALE HEIGHTS' 35 YEARS

*You are cordially invited to the 2nd Combined Installation of Don Mills Lodge & Forestdale Heights Lodge*

Adath Sheleom Synagogue  
864 Sheppard Ave. W.  
Sunday, May 26, 2002

Cocktails: 6:00 p.m.      Cost: \$35/couple FHL.  
Dinner: 7:00 p.m.      \$45/couple DML.  
For members in good standing

1967 2002

Oops!...In last month's column I stated that FHL had voted to merge the lodge with Don Mills. Actually we approved an agreement to work together for a one year period.



The success of each issue was often attributed to this desk, but *Kol Echad* was always a collaborative effort. The publication could not have lasted as long as it has without the contributions of our members, the various people who wrote under the President's Pen banner, and our talented columnists. Some of the members still with us include Rosalie Moscoe, Stewart Indig, and Elizabeth Bloom. *Kol Echad* would never have been complete without Nate Salter's unique voice in *Notes from Nate*, who entertained, amused, and even scolded us when necessary. Bonnie Kates not only created *As I See It*, but also made sure no issue went out without her contribution. Even when she was sick at the end, she felt it was essential to write something. It was so moving that I kept it all these years and have included it in this final issue. (*She was also the reason I agreed to take a second year as president while I was busy planning a bat mitzvah!*)



After her passing, we thought that her column would be retired. However, in the next issue, her son Marc picked up her "pen" and continued where his mother left off. Like his mother, Marc also took on the role of co-editor. Both, in their own time, would review every page with me, editing each issue – line by line. It was an honour to work with these two remarkable individuals.

They were *Kol Echad's* front line. A great publication can't exist without one. Equally important are those working behind the scenes. Harvey Silver deserves credit for making sure the bulletin reached members. He collaborated with advertisers and publishers to ensure that *Kol Echad* was always sent out. Credit goes to Harvey for recruiting our first advertisers. This venture proved to be a financial success for *Kol Echad* and the Lodge.

Harvey was also there five years ago when he convinced me not to give up and continue with *Kol Echad*, producing five issues a year instead of 10. At the time, I was ready to walk away from this volunteer job.

**Continued on next page**



Since entering the world of journalism in 1981, there have been so many publications I have been fortunate to have been involved with. Some have been learning opportunities, but most have been paid positions\*. Unfortunately, most have been consigned to the history books. *Kol Echad* was the last print publication still in operation. Last fall, I started to see the end of this publication as we stopped printing the bulletin and later decided to end our relationship with our valued advertisers. The final decision to stop *Kol Echad* came when the Lodge started discussing its dissolution.

As a result, this publication, where I have spent countless hours of fun and frustration, is ending. This is the final edition of *Kol Echad* and my final column as its editor.

I want to take this opportunity to express my heartfelt gratitude to all our readers and supporters who have been with us on this journey.

It's been both an honour and a pleasure.

**Jeff Rosen**

– 30 –

#### **\*COLUMNS & PUBLICATIONS**

ScarboroView – Balcony Square, Scarborough College, U of T

Sheridan Sun – Sheridan College, Oakville, Ontario

Borderlines – Borderland Reporter News Editor, Coronach, Saskatchewan

Battleford Telegraph – Reporter, The Battlefords, Saskatchewan

The Canadian Jewish News – Reporter, News Editor, Internet Editor, Toronto, Ontario

The Horizon – Co-editor/Editor, Forestdale Heights Lodge, Toronto, Ontario

Kol Echad – Editor, Forestdale Heights Lodge, Toronto, Ontario





# FINAL GOODBYE

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Jeff Rosen

**T**hat was supposed to be it. End of Kol Echad, end of Editor's Desk. Unfortunately, the brain refuses to shut off, and the words keep flowing.

The start of summer 2025 has been fascinating, full of challenges which I won't share in this space. Fortunately, we overcame them and are moving on.

In late June, Lisa and I embarked on a voyage, familiar yet completely different, as we headed north on Highway 400. Now, I have probably written about Fern Resort in the past, but this trip was truly unique. We started heading to Orillia at the start of the century, finally saying our goodbyes in 2008. Last year, we rediscovered this fantastic resort, spending a great weekend among fellow travellers.

This year, we vowed it would be different. And different it was. We decided to revisit the Lake Couchiching resort before the end of the school year. It really was different.

In the past, there would be seniors and young families with children running everywhere. This year, it was practically a ghost town. The resort boasts over 100 rooms. Yet on our first night there, fewer than 20 were occupied.

What a difference it made. Years ago, the pool deck would be swamped, and it would be almost impossible to get a chair by the pool. This year, I was not only able to secure a deck chair for myself, but was also able to plant my towel and book on the next one without anyone removing the contents.

It was also the first time, in so many years, that I could swim in the pool without having to dodge toddlers splashing about with their parents (as I had once done with my own daughter).

It's funny, though. When we arrived, I thought I would miss the hectic pace I once cherished. However, as the hours rolled by, I quickly grew to love the tranquillity. I guess time changes everything.

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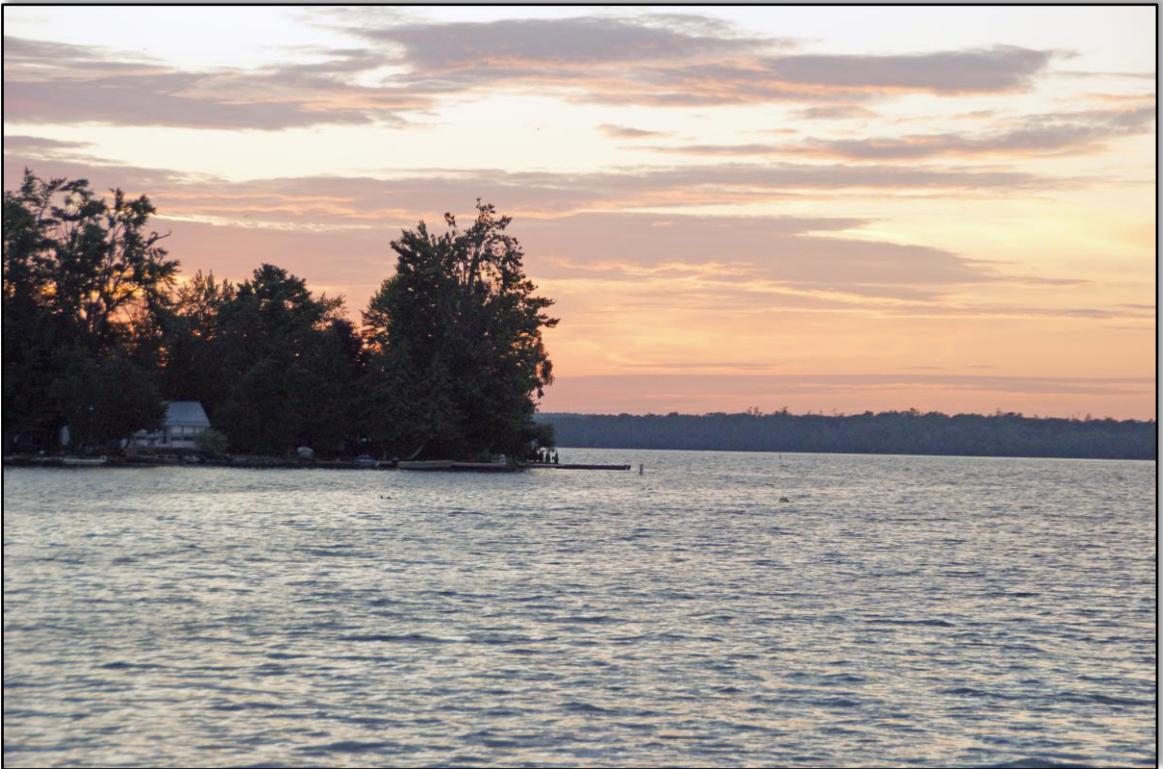
So, was it a perfect getaway? Of course not, but what vacation is? The mattress in our cabin was too hard, the food far from ideal, and the entertainment often geared more towards children. However, there is something about the place, nestled away on the shores of Lake Couchiching, that continues to draw us back. Perhaps it's why the resort has thrived for the past 130 years while so many others have collapsed or have been converted to condo communities.

So, what's next for my family? Will we return? The future is always a mystery. Right now it is a possibility. In the meantime, we are moving forward with our plans for the summer of 2025, fully aware that we will be unable to share them with you, good folks.

So long. Have a great summer.

It's been great sharing.

***Jeff Rosen***



# LODGE MEMORIES

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## FROM THE DESK OF MICHAEL PACTER:

Michael & Carol Pacter are becoming grandparents for the first time in our mid-seventies. Our daughter Samantha and her partner, Mike, will be giving birth to a girl in late May.

Our son Aaron's birthday is May 4; Carol's birthday is May 9; Samantha's birthday is May 15; my late dog's birthday is May 21; Mother's Day is in there somewhere. I will be checking myself into an institution for the month of May.

I've been a member of FHL for about 50 years. My late brother, Barry, was a member before me. I originally joined to play baseball & bowling. I managed the team and played baseball for at least 20 years (I was a catcher, and my knees finally gave out). I'm still bowling every Thursday night for about the last 50 years. There is only Carl & myself as members of FHL left in the league.

I was very active in the Lodge for many years, holding different executive positions. I enjoyed participating in both social and fundraising activities, especially with The Q Man. (the late Harvey Silver). I once drove with Harvey to Hamilton for a bowling tournament. He must have talked for three hours during that 45-minute trip. I really loved the guy and miss him to this day.

I gave up active participation when the kids came along, as I was a stay-at-home dad at that time.

In the early years, I enjoyed working alongside many other Lodge members. Sadly, the only ones still active are Albert & Ray.

I am very saddened to see the demise of the Lodge.

All the best to all Lodge members.



*Michael*



# LODGE MEMORIES

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## FROM THE DESK OF IRA KUCHINSKY:

I have been a member of Forestdale Heights Lodge for 52 years. My main reason for joining the Lodge in 1973 was to play sports. I was new to Toronto, having just graduated from Western and about to be married in June of that year. I wanted to play softball, and through Paula's cousin, Joel Landis, I joined FHL.

I met many new friends playing ball, and that coming winter, I also played hockey on a lodge team.

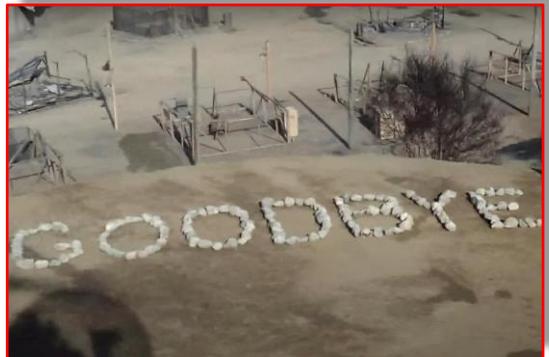
I have many key memories of playing ball in those early years. Probably the most vivid is playing ball with a sexy Farah Fawcett on my chest (showing her chest). This was a team sponsored by Ray Moscoe and his partners (who were also FHL members back then). I can't remember if we were a competitive team, but boy did we have fun.

Speaking of Ray, he was also a volunteer ref in the early days. Hard to fathom that we played hockey without helmets in those first years. Maybe that explains our current mental situation... but, in reality, it's probably just old age.

Sports was very big for B'nai Brith. At one time, our league was the largest organized ball league in Canada. In its heyday, there were over 100 teams in probably 5-6 divisions from 'fast pitch' to lop ball.

While playing sports was my main motivation for joining the Lodge, I soon became involved in various committees and Lodge leadership, holding various executive positions. For many years, I was also involved in TRC (Toronto Regional Council of BB).

**Continued on next page**



A few key things flash into my mind as I try to think back on 50+ years of Lodge memories. A few are:

- In the late 1970s, there was a very large influx of young Montrealers who made their way west along the 401 and settled here.... For some reason, they all moved to Thornhill, and I remember so many lived in a three-block radius (Charnwood, Holm, etc.) – think we called it FHL village.
- As we were all about the same age, we had kids that were about the same age, so our Chanukah parties were a big event. Pincus Punim was a character we made up, and he gave out Chanukah gifts to all the children.
- Nate’s jokes... who can forget his humour. We looked forward to his articles in the FHL newsletter.
- Fundraising...we did a great job raising money, mainly through art auctions, bingo, and the like. Speaking of art auctions, I remember that at every auction, I was asked to ensure that my father-in-law, Irv Paisley, attended as he always bought so many pictures. As an aside, we recently had to get the Paisley house ready for sale, and the walls were full of those pictures. I would guess that about 20-25 pictures from those art auctions were distributed among the family.

FHL had lots of “characters” and interesting fellows. I am somewhat leery of mentioning names because I will most likely forget a few, which would not be fair. Suffice it to say, each was unique and fun to be with.

Every good thing has an expiration date, and I guess the Lodge’s is close. Rather than mourn FHL’s “passing,” let’s remember the good times.... the friends we made, the good we did.

NO regrets.... Joining FHL was a great choice for myself, and I hope for all past and current members.

Regards,  
*Ira Kuchinsky*

Goodbye



# LODGE MEMORIES

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## FROM THE DESK OF ALBERT OHANA:

I guess by now you realize I'm not much of a writer, but I couldn't miss the last edition of our newsletter.

It's certainly a good news/bad news situation that our Forestdale Heights Lodge is coming to an end. That's the bad news, but there is plenty of good news to recall. Firstly, the cherished memories of over 50 years of good work that FHL can be proud of. We raised tons of money that was donated to worthy causes; CVS gave joy to so many seniors over so many years. Chanukah parties, Megillah readings, bingo volunteers, falafel making at the Spadina JCC, big and small installations, dinner meetings, Zoom meetings, heated and calm discussions, and so many more wonderful memories. Our numbers dwindled, but our spirit and goal remained strong and united. We lasted over 50 years, devoted to B'nai Brith and doing our best to be an asset to our community.



I am honoured to say I was a member of FHL and want to thank you all for being my friend, my brothers and sisters, and giving me cherished memories to last a lifetime. Job well done, my friends! Hope to have a reunion in the near future.



*Albert Ohana*

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**Treasured Lodge brother passed away shortly before publication. We remember him with love.**



# LODGE MEMORIES

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## A LASTING LEGACY:

### *Celebrating Kol Echad and Forestdale Heights Lodge*

#### From B'nai Brith Canada

As we mark the final issue of *Kol Echad*, B'nai Brith Canada is filled with both admiration and gratitude for the incredible journey of this cherished publication—and the remarkable Forestdale Heights Lodge behind it.

For decades, *Kol Echad* has been a cornerstone of communication and connection for Lodge members and the broader community. Jeff Rosen, former editor at *The Canadian Jewish News*, has stood at the helm for the last 33 years, stewarding this award-winning bulletin with a professionalism and passion that elevated it far beyond a typical newsletter. In 2012, recognition came when Forestdale Heights Lodge won B'nai Brith Canada's Communications Award under the *Kol Echad* banner, affirming the newsletter's significance and excellence.

More than just a publication, *Kol Echad* reflects the Lodge's profound and ongoing dedication to the community; it has served as a vibrant chronicle of its members' commitment to Jewish values, community service, and fellowship. From delivering food to Holocaust survivors every week to donating funds for fire relief efforts in British Columbia, the Lodge has consistently embodied the core mission of B'nai Brith Canada: *people helping people*.

We are proud—deeply proud—of the legacy Forestdale Heights Lodge has created and the voice it found through *Kol Echad*. While we mark this final issue with great sadness, we also honour all that it represents: decades of unwavering dedication, leadership, and community spirit.

To Jeff Rosen, Lodge Co-Presidents Ruth Pupko and Debbi Silver, and every Lodge member who has contributed to *Kol Echad* and this community—thank you.

You've inspired us all.



# LODGE MEMORIES

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## FROM THE DESK OF JEFF ROSEN:

What stands out most to me was my first year as Lodge president. We had just entered an “engagement period” with Don Mills Lodge as a precursor to a potential merger. This created an entirely new situation for us, and we had no reference points to guide our decisions. Fortunately, we had a fantastic executive who supported both the Lodge and me, allowing us to successfully navigate this uncharted territory.



Ultimately, the planned merger did not happen, and we found ourselves back on our own the following year, invigorated and ready to face the future.

I initially planned to step down since Lisa and I were busy preparing for Jordana’s bat mitzvah. However, Bonnie persuaded me to stay on, assuring me she would help with both responsibilities.

\* \* \*

During my 30-plus years with FHL Communications, there have been seven prime ministers: Brian Mulroney, Kim Campbell, Jean Chretien, Paul Martin, Stephen Harper, Justin Trudeau and Mark Carney. At the provincial level, there have been six Ontario premiers: Bob Rae, Mike Harris, Ernie Eves, Dalton McGuinty, Kathleen Wynne and Doug Ford.

During the same period, I have been privileged to work with the following 14 individuals who served as presidents of Forestdale Heights:

**Jack Britstone, Albert Ohana, Carl Zeliger, Arthur Eisenbaum, Shelly Luftspring, Harvey Silver, Michael Kates, Bonnie Kates, Irv Pupko, Ray Moscoe, George Garten, Stewart Indig, Ruth Pupko, Debbi Silver.**

*Jeff Rosen*



# MILESTONES

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## Birthdays

Aaron Pacter	May 4
Stewart Indig	June 1
Jeff Rosen	June 12
Ira Kuchinsky	July 28
Lisa Rosen	July 30
Stan Zeligler	August 19



## Anniversaries

Carl & Debbie Zeligler	June 8
Ira & Paula Kuchinsky	June 10
Ray & Rosalie Moscoe	June 21
Ivan & Elizabeth Bloom	June 27
Marc & Anna Pollock	June 29
Michael & Carol Pacter	July 2
Stan & Janet Zeligler	August 16
Stewart & Cathy Indig	August 23



## Condolences



Forestdale Heights Lodge extends condolences to Honey Ohana and her family on the loss of her beloved spouse, father and grandfather, Albert Ohana. The Lodge also extends condolences to FHL Co-president Ruth Pupko, sister of Albert Ohana. Albert was a past president of the Lodge and the person responsible for our great meals before our monthly meetings.

**MAY THE 4TH BE WITH YOU**



# FHL ON THE WEB

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Forestdale Heights has had a website now for more than a few decades. Ours was one of the first lodges to acquire one around 2001 and appears to be the only Lodge with an active site within B'nai Brith Canada.

Unlike many organizations, creating an online presence did not result from meticulous planning. Instead, it came about after we engaged in online “doodling” a few years after I became The Canadian Jewish News’ first web editor. I figured that if it was good enough for The CJN, it was good enough for Forestdale Heights Lodge.

Our first online venture was simple by today’s standards (<https://bit.ly/4eEjgnS>). As I was not being a trained professional in these matters, this project was done by trial and error. Still, we persevered. Times changed, and we managed to keep up with technological changes to maintain an online presence. I’ve been proud of what the Lodge accomplished and the numerous awards we received over the years from B’nai Brith Canada.

## Forestdale Heights Lodge



SHALOM AND WELCOME

Forestdale Heights Lodge was founded in 1967 and has remained an active, vibrant lodge within B'nai Brith Canada for over 30 years now. It meets regularly and participates in a number of social and volunteer activities. As well, it sponsors a number of B'nai Brith sports teams and runs the monthly award-winning newsletter, The Horizon. This award-winning site is a Web based version of the print Horizon, plus news, Jewish music, holiday and daily recipes, games and information of interest to our members. For more on the Horizon, click below.

**ENTER**

What many often fail to realize is that a single site is composed of multiple files. On our site, some files were reused as new content was added. New, distinct files were also created to accommodate the various programs, events and comments that have taken place. What you now see on [www.kolechad.ca](http://www.kolechad.ca) are the current files with up-to-date content. Meanwhile, the older content and files have accumulated on our server. This would probably have continued if not for an unplanned event in mid-September.

**Continued on next page**



Our entire website is connected through a navigation bar at the top of each web page. After more than two decades, this tool simply stopped working. We tried to fix it, but nothing worked. We asked the company hosting our site for help, but they couldn't assist us because our site isn't based on their preferred web content management system. In other words, they could not (or would not) help. As for the company that created the code, well, it no longer exists.

Since the Lodge website exists within my personal site, it was decided to return to what works. This was done by stripping out the old code on every page of our website and replacing it with a viable code taken from my website. Fortunately, it was a success, and the new index is so similar to the old one that many of you may not even notice the difference.

At the same time, it was decided that this was the perfect opportunity to clean up and declutter the old material.

The result is that our site now contains an archive of older files, reports and columns. I hope you take the time to check it. The archive can be found at <http://kolechad.ca/archives.htm>. It is a fascinating look at the Lodge's past.

This page also includes all material from our 50<sup>th</sup>-anniversary celebrations.

With the bulletin's pdf issue ending, we have decided to maintain the site as long as possible before reincorporating it back into my own website.

*Jeff*

\* \* \*

For those interested, the Lodge's website has used the following URLs:

<http://ca.geocities.com/forestdaleheights/>

<http://ca.geocities.com/dmfhlodge/>

[kolechad-ca.jelijo.ca](http://kolechad-ca.jelijo.ca)

<http://kolechad.ca/>



# B'NAI BRITH CANADA

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## BBC OFFERS HOME CLOTHING PICK-UPS

Donate your used clothing from home!!

We are launching our new home pick-ups for clothing donations!

Simply prepare your clothes for donation in garbage bags and call 416-633-6224 x 120 to arrange for our truck to collect your donations – from your home.

Items will be donated to those in need, while excess clothing will be used to fund our foodbank.



## CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

B'nai Brith Canada operates the Anti-Hate Hotline combating antisemitism and racism. If you have been the victim of an antisemitic incident, we encourage you to fill out the form at <https://bit.ly/3irmAAz> or call our toll-free Anti-Hate Hotline at 1-800-892-6224.



# PERSPECTIVES

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*FHL past president, Bonnie Kates, wrote and edited the Lodge's bulletins for years. This was one of her last columns for Kol Echad.*

I have seen a miracle again. It can happen after years of trying and anticipation, or by sheer accident. It occurs on every socioeconomic level, in every country, city and town in the world. No matter how frequently it transpires, no matter how commonplace an event it is, we always stand back in awe and say, it is truly a miracle when a healthy child is born.



Throughout the history of the world, reproduction of life has been the driving force of evolution. Throughout time, the birthing process has remained, for the most part, the same. Sure, technology has allowed us to see into the development of our unborn child. We can now

look for abnormalities in the developing baby and examine its cell and gene structures. We can often correct any abnormalities before the baby is even born. We can even be certain as to whether it is a girl or a boy. However, no matter how you look at it, the act of creating a new human being, is nothing short of a miracle.

Just very recently, we were blessed with a new grandchild. She is perfect in every way. We have added another branch to our family tree, and this precious little one has energized us by her mere presence. What an amazing effect a new baby has on a family.

Welcome, Eve Ruth. You have allowed us to see the miracle of life one more time, and celebrate in your arrival.

***Kol Echad, June 2011***



# PERSPECTIVES

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*FHL past president, Nate Salter, was a long-time contributor to our Lodge's publications. This was his last contribution.*

Nu, boychicks and meydlekh, once again, your Rotund Reporter has escaped the clutches of the Mackenzie Health Centre Richmond Hill (otherwise known as York Central) not as good as we used to be, but a whole bunch better than when we went in. When I sat down to write this column at the end of February, some words in the song "Big Yellow Taxi" came to mind. Those very pertinent words are "You don't know what you got till it's gone." My fellow members, having been on the hospital's frequent flyer list for over six years, I now know exactly what they mean.

There was a time I could jump in the car to go to Canadian Tire, zip down to see the kids and grandkids, take the wife out to grab a bite at a local eatery, or, yes, hop over to a Lodge meeting. This was all done with no pre-planning, other than putting on the *gutkes* in the cold weather and making sure the shoes and socks matched.

However, once a major illness intrudes on your life, all this goes in the toilet. When you get past the point where you find that you will be walking out of the hospital instead of leaving feet first in a plain pine box, you then have to look at your recovery process.

In my case, my head was *farshimelt*, I was weak as a kitten, and my road to recovery — detoured by my dialysis — was a long one since I had one shot after the other, picking up viral pneumonia, while getting over the heart attack and stroke.

Just when things were at their bleakest, with G-d's help and the love and support of my family, I made the decision that I wasn't quite ready to say a final goodbye. I wasn't ready to give up the Golden Years, regardless of the twists and turns they bring, because I worked too damn hard and for too many years not to enjoy the fruits of my labour.

G-d has blessed me with amazing children and wonderful grandchildren, and at this point in my life, I treasure the miracle of watching them growing up.

**Continued on next page**



My poor father never had that pleasure, dying before my kids were born, so in spite of my illnesses, I still consider myself one lucky SOB. Even though I currently depend on my wife to go anywhere, I get to hug my kids. Let me tell you that when you enter your kid's home and you hear an excited two-year-old scream "Zaidy" followed by a hug and kisses, then my friends, you know what *naches* really means. At that point, all my pain and problems disappear.

My only regret is that I will only get to spend a few more precious years with them.

You know something, though, for as many years as I still have, my single biggest job is making them laugh and giggle and have them know that their Zaidy loves them with all his heart. The love of a grandchild for a Zaidy is priceless, and the love of a Zaidy for a grandchild is forever.

Oy, Pincus is nudging me, I should tell you a story.

*Pincus and Gittle were at Yorkdale shopping for Chanukah gifts for their kleinike. Gittle turns around and shoyn, no Pincus. Since they had lots more shopping to do, she calls his cell phone. He answers, and she says to him, "Nu, Pincus, where are you?"*

*"Oy tsatzkaleh, you remember last year we there in that fancy schmancy jewellery store where you saw that tennis bracelet you loved, but we couldn't afford? You remember I promised you that someday I would buy it for you?" "Oh yes," she says excitedly. "Well," replies Pincus, "I am in the bar next door to it, having schnapps and watching the hockey game." Last time I saw him in the emergency room when I was there, he couldn't see me through the black eyes.*

*Kol Echad, April 2013*



# GUEST VOICE: RAY MOSCOE

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## BBC's Oral History Project

*B'nai Brith Canada, in advance of the organization's 150th anniversary in Canada, is putting together a national history of the grassroots development of the organization. As such, they are collecting interviews for this project.*

*Raymond Moscoe, a past president of our Lodge, decided to participate. Here, he collected his memories of Forestdale Heights.*



### **B'nai Brith Involvement – Forestdale Heights Lodge**

I've been a member of the Lodge for 55 years, and at 79 years of age, I am still involved. I was president of the Lodge for three years in a row.

### **Baseball League**

I took it over when there were only four or five teams in the league. I started playing when I was 24 years old. I played for the first years. Then, two teams folded. That would have been the end of the baseball league. However, I decided to take it over as the league commissioner (and continued as commissioner for nine years). Plus, I still played ball as the first baseman. I got a list of all the presidents of all B'nai Brith lodges in Toronto and sent out letters to each lodge. In those days, there were no computers. Everything was done by hand, by phone, and by mail.

We had a tremendous response. We held a meeting of all the Toronto lodge athletic chairmen in the basement of my house, with 18 – 20 people in attendance. Next year, we had an additional 12 lodges that joined. More teams kept coming in. To play, a person had to be a paid member of B'nai Brith, and it brought in over 1,000 members over the next few years. Our primary purpose was to get as many players as possible to be involved in B'nai Brith.

Continued on next page



Each lodge had so many ball-playing members that they broke into teams, sometimes seven or eight teams representing each lodge. We set up a schedule, obtained the parks and permits for the parks, and arranged umpires. Meetings were held monthly at my home to set up rules for the league, schedules, and handling problems. It quickly grew to 12 teams, then to 18. After seven years, we had 100 teams in the league, with an average of 15 players per team. At its peak, the league had about 1,500 players.

We had monthly baseball league meetings and set up rules and regulations, schedules, and playoffs. After a few years, we were classified as one of the largest organized men's baseball leagues in North America. We had both fast-pitch and slow-pitch leagues. The baseball committee members set up an annual banquet for the Baseball Leagues for many years, and between 400 and 500 members showed up. The League is still going today (after 60 years), just not under the auspices of B'nai Brith. However, some teams still play in a Senior's League in North York.

### **Hockey League**

When the B'nai Brith hockey league started many years ago, we assisted them by having two of our members referee their games (myself included). We started with four teams, and it grew considerably. Soon, the league grew so quickly that they had to hire professional referees.

### **My Involvement in the Lodge**

Over the years, we did an enormous amount of fundraising. Our Lodge and two other lodges purchased an ambulance for use in Israel. We still donate cash to many charities in Toronto and some in Israel each year. For the past few years, we also have handed out parcels of clothing and food to the homeless. Years ago, we worked with blind people and drove them to doctors' appointments and programs. We also worked with Bloorview Hospital/school children, running floor hockey, basketball games, and other programs. We sponsored a bingo twice a month at the Don Mills Centre.

We've been a very social lodge and had many annual picnics in the early days, as well as Chanukah parties. We have also held yearly banquets, including one special 50th-anniversary party, which attracted former members to this great event.

**Continued on next page**



## Fundraising

Over the years, we did an enormous amount of fundraising. Our lodge and two other lodges purchased an ambulance for usage in Israel. We still donate cash to many charities in Toronto and some in Israel each year. In past years, we also distributed parcels of clothing and food to those without housing, many of them in person. Years ago, we worked with people who were blind and drove them to doctor's appointments and other programs. Our Lodge members also worked with Bloorview Hospital/school children, running floor hockey, basketball games, and other programs. We sponsored a Bingo twice a month at the Don Mills Centre and had large crowds – 500-600 people a night – and raised large sums of money for B'nai Brith.

## Our Award-Winning Bulletin, Kol Echad

Another significant part of our Lodge is our Lodge's award-winning digital and print bulletin. Kol Echad includes articles by many of our members and advertising, recipes, jokes, and good tips. It is capably handled by Editor Jeff Rosen, a former editor for *The Canadian Jewish News* when it was a print publication.

*I am proud to have been a member of this Lodge for many years. It truly has enriched my life. My wife, Rosalie, has been supportive, written articles for Kol Echad for many years, and has shared in many charitable and other programs.*



# CORRESPONDENCE

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Dear Members of Forestdale Heights Lodge,



Thank you for your incredibly generous donation in memory of our beloved Michael z'l. Your thoughtful gesture has touched our hearts during this difficult time, and we are deeply grateful for your kindness and support. Your contribution will honour Michael's memory in a meaningful way, and we are truly thankful.

Alan, Sheila + the Westyn Family



# FOOD SENSATIONS

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It's BBQ season again, and throwing something on the grill is an easy summer dinner. This guide will help alleviate some of the "Is it cooked?" stress from grilling. Exact times will vary due to the thickness, but the following is a great starting point.

## Chicken

Thighs and breasts are two popular cuts of chicken to grill. Make sure to cook over medium heat (350-450F). If the temperature is too high, it will cause the outside to cook before the middle gets to 165F. Always check the internal temperature with a thermometer before serving.

Chicken Thighs (Boneless): 5-6 minutes per side;

Chicken Breast (Boneless): 5-6 minutes per side.



## Burgers

Preheat the grill high – 450-550F – when grilling burgers. Cooking at that temperature will create a delicious crust on the outside. Once on the grill, close the lid and step away. Do not press down or flatten the meat. It will result in a less juicy burger. Only flip one time halfway through cooking.

Rare: 5 minutes;

Medium Rare: 7 minutes; Medium: 8 minutes;

Well Done: 10 minutes.

Continued on next page



## Fish

Don't fear cooking fish on the grill. Ensure the grates are properly preheated (450-550F) before placing the fish on them. Since fish is delicate, only flip once halfway through cooking. When done, it will be released from the grates.



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## Steak



High heat is best when grilling steak – 450-500F – to seal in the juices and ensure beautiful grill marks. Set it and forget it. Don't open the lid or flip it too many times. Steaks only need to be flipped once during the cooking process.

Rare: 8 minutes;  
Medium Rare: 9 minutes;  
Medium: 10 minutes;  
Well Done: 14 minutes

Rare		120-125°F
Medium-rare		130-135°F
Medium		140-145°F
Medium-well		150-155°F
Well-done		≥160°F

The classic temperature scale for steak doneness



# FOOD SENSATIONS

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## Mom's Meatloaf Recipe

### Ingredients:

1-pound ground beef  
2 eggs  
½ onion diced  
½ cup bread crumbs  
½ cup ketchup divided  
2 tablespoons Worcestershire divided  
Salt and pepper  
Optional: garlic powder  
Optional: parsley for garnish



### Instructions:

Preheat oven to 375 degrees.

In a small bowl, mix together ¼ cup of the ketchup and 1 tablespoon of Worcestershire sauce, mix together and set aside for later basting.

Throw 1 pound of ground beef with 80/20 fat content into a big bowl. Break up into chunks and salt and pepper. Give the salt shaker a few good shakes and a little more with the pepper. If you like garlic, shake in a bit of garlic powder, NOT garlic salt.

Dice up ½ a medium onion and toss into the bowl.

Squirt in ketchup, probably about ¼ cup to start.

Shake in the Worcestershire sauce until it just smells right, about 1 tablespoon. It's a personal preference with the amount. If you really have no idea how much to use, then give the bottle a couple of good shakes to start.

In a small bowl, lightly beat two eggs and mix into the ground beef mixture.

Pour in a ½ cup of plain bread crumbs.

Use a wooden spoon to get everything mixed up nicely. Compress into a big ball.

**Continued on next page**



Line a baking sheet with parchment paper, plop the meatloaf onto the lined baking sheet, and mould the meatloaf into a rectangle.

Put the meatloaf into the oven and bake for about 15 minutes, and then baste with the ketchup Worcestershire sauce. Continue cooking for a total of 60 minutes. Use a thermometer to check the internal temperature reaches 165 degrees to ensure it's fully cooked.

### **Notes**

Store any leftovers covered in the refrigerator for up to two days. Cold meatloaf makes tasty sandwiches.

Use fattier ground beef - an 80/20 is perfect.

Serve with mashed potatoes.

<https://aweekendcook.com/moms-meatloaf-recipe/>



# FORESTDALE FUNNIES

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Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads underwater long enough.

Q. If you're going to make a parachute jump, at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

Q. True or False, a pea can last as long as 5,000 years?

A. George Gobel: Boy, it sure seems that way sometimes.

Q. You've been having trouble going to sleep.

Are you probably a man or a woman?

A. Don Knotts: That's what's been keeping me awake.



Q. According to Cosmopolitan, if you meet a stranger at a party and think he is attractive, is it okay to come out and ask him if he's married?

A.. Rose Marie: No, wait until morning.

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency.

Q. As you grow older, do you tend to gesture more or less with your hands while talking?

A. Rose Marie: You ask me one more growing old question, Peter, and I'll give you a gesture you'll never forget.

Q. Paul, why do Hell's Angels wear leather?

A. Paul Lynde: Because chiffon wrinkles too easily.

Continued on next page

Q. Charley, you've just decided to grow strawberries. Are you going to get any during the first year?

A. Charley Weaver: Of course not, I'm too busy growing strawberries.

Q. During a tornado, are you safer in the bedroom or in the closet?

A. Rose Marie: Unfortunately, Peter, I'm always safe in the bedroom.

Q. When you pat a dog on its head, he will wag his tail. What will a goose do?

A. Paul Lynde: Make him bark?

Q. If you were pregnant for two years, what would you give birth to?

A. Paul Lynde: Whatever it is, it would never be afraid of the dark.

Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?

A. Charley Weaver: It got me out of the army.

Q. Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do?

A. George Gobel: Get it in his mouth.

Q. According to Ann Landers, what are two things you should never do in bed?

A. Paul Lynde: Point and laugh.



# FORESTDALE FUNNIES

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Donald Trump was visiting a primary school in Orlando and visited a 4th-grade class. They were in the middle of a discussion related to words and their meanings.

The teacher asked Mr. Trump if he would like to lead the discussion on the word 'tragedy.'

So, our illustrious POTUS asked the class for an example of a 'tragedy.'



One little boy stood up and offered: "If my best friend, who lives on a farm, is playing in the field and a tractor runs him over and kills him, that would be a tragedy."

"No," said Trump, "that would be an accident."

A little girl raised her hand: "If a school bus carrying 50 children drove off a cliff, killing everyone, that would be a tragedy."

"I'm afraid not," explained Trump. "That's what we would call great loss."

The room went silent. No other child volunteered. Trump searched the room.

"Isn't there someone here who can give me an example of a tragedy?"

Finally, at the back of the room, Little Johnny raised his hand. The teacher held her breath.

In a quiet voice, he said: "If the plane carrying you was struck by a 'friendly fire' missile and blown to smithereens, that would be a tragedy."

"Fantastic!" exclaimed Trump, "That's right. And can you tell me why that would be a tragedy?"

"Well," says Johnny, "It has to be a tragedy because it sure as hell wouldn't be a great loss... and you can bet your sweet ass it wouldn't be an accident either!"

The teacher left the room.





# HARMONY

Rosalie Moscoe

I recall the time when it was okay to allow women into the Lodge so many years ago. We all participated, and we even have had female presidents. It was a warm atmosphere!

So many things happened in the Lodge – such as parties for a large group of needy children. I recall Ray was dressed up in his clown outfit. One kid stepped on his oversized shoes – (the kid found the right/wrong place – it hurt!) We put on Out in the Cold programs at Beth Emeth; I recall singing songs and Ray telling jokes. We served hot meals, and the people, who were often homeless and needy were in attendance. They could go into another room and pick out clothing. They were sent home with a streetcar ticket, or those who wanted – could sleep overnight. We did many CVS programs, and I'm proud to have been part of the programs.

For the marathon, most of the men in the Lodge came out, whether it was sunny, rainy, or snowy, and handed out water bottles for the runners. We had parties, and we all appreciated the comradery.

Forestdale Heights Lodge did Megillah readings for those residents who lived in a mostly Jewish apartment building who wished to participate.

Continued on next page





Ray was one of the founders of the B'nai Brith baseball team, and it grew to 1,000 members! It was a good way to get members interested in joining B'nai Brith! Although, later in life, it wasn't so good for their knees or sliding into home base! But it was such fun! Wives and kids came out to the games to cheer the players on! We were a great group, but after 50 years, it was time to say goodbye. We were the last lodge to be standing, with about 12 members who came on Zoom for meetings – it wasn't the same. Nothing lasts forever, except great memories. I was glad to be part of them and hope we can still keep in touch with our former members and call each other now and again.

Thanks, Jeff, for the professional bulletin you put out over all these years. Everyone loved to read it. Jokes, heartfelt columns, interesting tidbits, even recipes. It was like a magazine, and we all appreciated your work! Our presidents worked hard to keep the Lodge going, but it was time to say goodbye.

Thanks, everyone, I'll never forget all our good work and all of you.  
Love,

*Rosalie Moscoe*





## AS I SEE IT

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Marc Kates

**I**t pains me to write this final column for Kol Echad. It means that this is the end of Forestdale Heights Lodge. A little piece of me, of my history, is coming to its conclusion, and that is sad. Forestdale Heights Lodge was part of my childhood, and with both of my parents gone, the loss of Forestdale Heights means that I lose some of that connection with them.

Forestdale Heights Lodge was important to my parents, and they were dedicated to it. I think back with fond memories of Chanukah and Purim parties past, of MDA Telethons, Israel Walk-a-thons, CVS programs, and social get-togethers.

One of my clearest memories of a Lodge program was taking patients of Villa Hospital to the Toronto Zoo. It was a fun outing going to the zoo, but I was annoyed at my father for not paying any attention to me. It was then that my father taught me a very important life lesson that I will never forget. He ignored me, on purpose, because he was so focused on what he was doing. I remember him patiently and tenderly feeding a wheelchair-bound patient who was unable to feed himself. My father, the big guy who he was, was gently and carefully feeding this young adult as if he were an infant. Without saying a word, my father taught me compassion, kindness, and empathy. I left the zoo that day, not in awe of the exotic animals, but in awe of my father.

I remember the day my mother came home and announced to my brother and me that she had become the first female member of Forestdale Heights Lodge. She was proud of being a trailblazer, so it was not surprising when she later became the first female president of the Lodge. My mother liked to “push the envelope,” but her strength in doing so was a manifestation of her strength of character.

Pesach was not Pesach without a picnic in High Park with the Shapiros, the Salters, and the Reiders. I remember stops in the Lower Village to see the Silvers at the convenience store, and I very much looked forward to Friday PD days from school so that I could go bowling with my father on a Thursday evening. That was a real treat!

**Continued on next page**

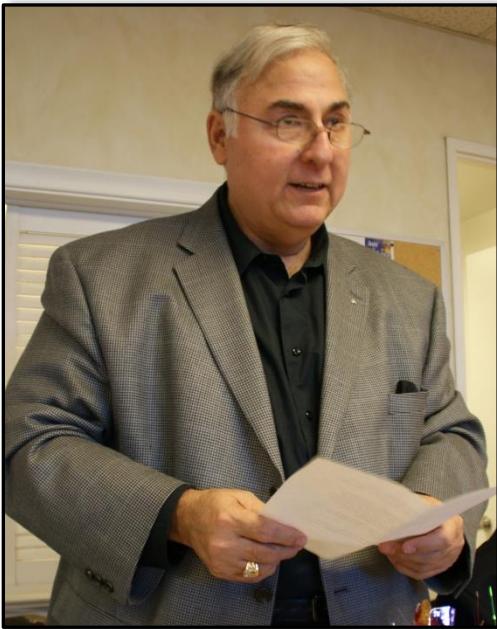


In 2005, following the Megillah reading at 4300 Bathurst Street, I proposed to Rachel. That was just over 20 years ago, and it's hard to believe everything that has happened since.

So, with heartfelt emotion, I want to thank Forestdale Heights Lodge and its members for being a part of my life for so long. I am grateful to the *Kol Echad* team for providing me with the outlet to pen this column on a regular basis, share my thoughts and musings, and for allowing me to continue my mother's column. Lastly, I would like to dedicate this column to the memory of my dear parents, Bonnie and Michael Kates, for always being my role models.

B'Shalom,

**Marc**



# CORRESPONDENCE

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Forestdale Heights Lodge  
Thornhill ON

June 13, 2025

**Re: Donation Acknowledgment Letter**

Dear Forestdale Heights,

We, at Diabetes Canada, along with the 1 in 3 Canadians affected by diabetes or prediabetes, express our deepest appreciation for your generous donation of [REDACTED] that we received on June 3, 2025. Your contribution plays a crucial role in advancing our mission to improve the lives of individuals living with diabetes across Canada.

The Masonic Lodge Forestdale Heights have consistently demonstrated their commitment to combating diabetes. Your support is instrumental in our ongoing efforts to improve the lives of those living with diabetes. The funds provided by your organization will be instrumental to enhance our programs and services focused on diabetes management, research, education, and advocacy. Your donation is not just a financial contribution; it is a beacon of hope for many individuals and families who navigate the daily challenges posed by this condition.

Your support plays a crucial role in the success of our programs, offering respite and empowerment to those affected by this chronic condition. Once again, we thank you on behalf of all those at Diabetes Canada and the millions living with diabetes in Canada for your kind-hearted support.

Sincerely,

*Emem Essien*

Emem Essien  
Coordinator, Community Fundraising & Events  
Phone: (416) 408-7141  
Email: [emem.essien@diabetes.ca](mailto:emem.essien@diabetes.ca)

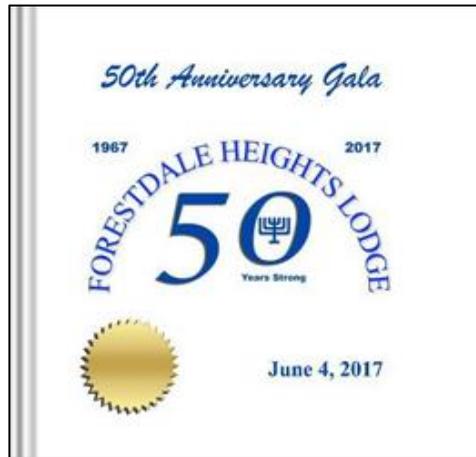
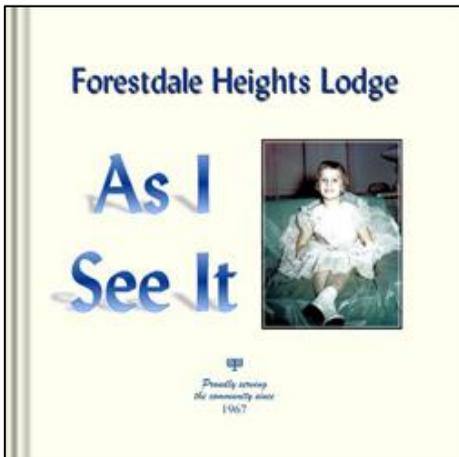


# FHL BOOKS

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Over the years, these books have been created for Forestdale Heights Lodge. While the Lodge is winding down, members are free to purchase them on their own. If you are not interesting in purchasing, feel free to look at them in preview mode.



# LOOKING BACK

**Oh Boy...  
LOOK!**

ultra-modern shopping centre

## GRAND OPENING TODAY!

**Come along and have fun**

The most modern, convenient and complete shopping centre opens today! All your shopping needs, services and household necessities are now in your neighborhood and so easy to reach. Be sure to take part in the opening ceremonies.

**Opening Specials Galore**

- Follow the Giant Searchlights
- Lots of Parking Space

- Free kiddie rides for Thur., Fri. and Sat. and the following week.
- Free candy floss for all the children.
- Free Shopsy hotdogs and Canada Dry drink with purchase.
- See the big fireworks spectacular. With Rudolph the red-nosed reindeer.
- See Frosty the giant snowman.

**SATURDAY, NOV. 23rd**

See Ernie and his clown band, formerly with the famous Ringling Bros. Circus.

*here are the stores ready to serve your every need*

**DOMINION STORES**  
**PLAZA DRUGS**  
**FAGOT HARDWARE**

**BATHURST MANOR FOOD CENTRE**  
(TORONTO PACKERS AND M & H BUTCHERS)  
**POLLOCK'S SHOES**  
**KIDDEVILLE**  
**LOUIS BAKERY**

**CANADIAN BANK OF COMMERCE**  
**BATHURST MANOR CIGAR STORE**  
**REGENT BEAUTY SALON**  
**BESTWAY CLEANERS**  
**PLAZA SHOE REPAIR**  
**SIGZA BARBERS**  
**SIGHT AND SOUND TV, RADIO AND RECORDS**

**OFFICIAL OPENING CEREMONIES**

*WITH DISTINGUISHED GUESTS*

**at 7 p.m., November 21st**

**JUST NORTH OF SHEPPARD BETWEEN BATHURST AND DUFFERIN ON WILMINGTON AVE.**



# LOOKING BACK



The original 4,000 square-foot Shoppers Drug Mart opened at the Shoppers World plaza in Toronto in 1962. Originally called Koffler's Drugs, founder Murray Koffler decided to adopt the name of the mall to the store and later, the entire chain. At left, the same store in 2022.



# LOOKING BACK

## ED'S WAREHOUSE

STEAK ROOM

### BILL OF FARE

ED'S SUPERB

#### **Rib Steaks**

16 oz.

served with

Mashed Potatoes, Tender Green Peas,  
Mushrooms, French Fried Onion Rings,  
Fresh Rolls, Fresh Creamery Butter and  
Delicious Kosher Dills.

**\$3.95**

ED'S FINEST

#### **New York Sirloin Steaks**

served with

Mashed Potatoes, Tender Green Peas,  
Mushrooms, French Fried Onion Rings,  
Fresh Rolls, Fresh Creamery Butter and  
Delicious Kosher Dills.

**\$4.45**

ED'S FAMOUS

#### **Filet Mignon Steaks**

BACON WRAPPED

served with

Mashed Potatoes, Tender Green Peas,  
Mushrooms, French Fried Onion Rings,  
Fresh Rolls, Fresh Creamery Butter and  
Delicious Kosher Dills.

**\$4.95**

Have you  
written your  
Mother  
lately?

"There is so much  
good in the worst  
of us, and so much  
bad in the best of  
us, that it ill  
behoves any of  
us to find fault  
with the rest of us."



# FINAL THOUGHTS

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## VITAMIN F

Why do I have a variety of friends who are all different in character?  
Some of them have obvious flaws, but then, so do I.  
How do I get on with them all?  
I think that each one helps to bring out a “different” part of me... With one of them, I am polite and as refined as I can manage.  
I joke a lot with another.  
I talk about serious matters with one.  
With another, I laugh a lot.  
I share a glass of wine with one,  
And dance on occasion with another.  
I listen to one friend’s problems and give them advice. Then I listen to another advising me.  
They are all like pieces of a jigsaw,  
When completed, they form a treasure box.  
A treasure of friends!  
They are my friends, who understand me better than I myself do, who support me through good days and bad days.  
They are the anti-depressants that I need to make it through life.  
Doctors tell us that friends are good for our health.  
Dr. Oz calls them Vitamins F (for Friends) and recounts the many benefits of friends to our well-being.  
Research shows that people in strong social circles have less risk of depression and terminal strokes. If you take Vitamin F constantly, you can be a lot younger than your physical age. The warmth of friendship reduces stress and can decrease your risk of cardiac arrest or stroke.  
We should all value our friends and keep in touch with them.  
I’m fortunate to have a plentiful stock of Vitamin F!  
Thank you for being one of my vitamins!



*The final word goes to our past president, Bonnie Kates, who submitted this as her final contribution to Kol Echad in November 2011.*





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